# DOUBLE YOUR CHANCES OF QUITTING FOR GOOD.

Quitting tobacco is absolutely possible. And whether this is your first attempt or your fifth, we'll help you make a plan and get the support you need. The Wyoming Quit Tobacco program can and will help you ditch tobacco and achieve your goals.

The best part is we'll do it for free. The program serves all Wyoming residents who want to quit tobacco. This includes support for citizens who are deaf/hard of hearing through video relay service (VRS), pregnant women and smokeless tobacco users. Phone coaching is provided to youth, age 12-17, without parental consent.





# CONGRATULATIONS, YOU'RE ON YOUR WAY TO LIVING TOBACCO-FREE.

I-800-QUIT-NOW quitwyo.org



The Wyoming Quit Tobacco program is provided by the Wyoming Department of Health, funded by State General Funds. ©2013 Wyoming Department of Health

# FOLLOW THESE 3 EASY STEPS TO START LIVING TOBACCO-FREE:







We have two ways of helping you quit. Visit our website or call. You'll answer a few questions and be well on your way to living tobacco-free.



Online

quitwyo.org

Program hours: 24/7



By Phone

1-800-QUIT-NOW

(1-800-784-8669)

TTY Users Dial 1-888-229-2182 Program hours: 6 a.m. – 11 p.m. 7 days a week

# Choose the Support that Works for You

#### **COACHING SUPPORT**

Quitting is hard. But with one of our trained Quit Coaches, you'll have someone with you every step of the way. Your coach will develop a personalized plan to help you quit. They'll also schedule calls with you at convenient times. And of course, like all good friends, you can call anytime for support. Having an experienced Quit Coach has helped countless other tobacco users. And it will help you on the path to making the lasting change you want.

#### **ONLINE SUPPORT**

While we certainly recommend a Quit Coach, you can also take advantage of our robust online program. By joining, you'll have access to tools and materials to help you quit tobacco for good. Having information and support at your fingertips can allow you to work through the process at any time and at your pace.

### Create Your Profile

Call 1-800-QUIT-NOW (1-800-784-8669) to complete your first phone coaching session (1/2 hour call to plan your quitting process)

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Establish a user name, password and quit date online at quitwyo.org

## Medication Types Available

#### **NON-PRESCRIPTION**

- Nicotine Patches, Gum and Lozenges
- · Mailed directly to your home
- · Covered fully by the WQTP

#### **PRESCRIPTION**

- Chantix, Varenicline, Wellbutrin, Zyban, and Buproprion
- · A prescription is required
- · Mailed directly to your home
- The majority of the cost is covered through a coupon offered by the WQTP

